



PRECISION PRESS

October 2025

1ST EDITION



Welcome to a brand-new season!

We're so excited to have you back for the 2025-26 dance year. Whether you're returning or just joining us, we can't wait to see all the creativity, dedication, and growth this year will bring.

This is our first ever newsletter and we're happy to announce that you'll now receive one at the beginning of each month! These newsletters will help keep everyone up to date with important dates, studio news, performance reminders, and more — all in one convenient place.

Precision Dance is a non-profit dance studio run solely by volunteers. We will host several fundraisers throughout the year that will help the studio with operating costs. We do this to ensure we keep our dance fees reasonable. If you are interested in helping or volunteering, please send your interest. Roles on the board are open for nomination in June.

Thank you for being a part of our dance family. Let's make this year one to remember!

With excitement,

Precision Dance, Board of Directors



Precision Dance Association



AROUND THE STUDIO FUNDRAISING

WE'VE BEEN BUSY!

AUGUST/SEPTEMBER



August and September were full of energy and excitement at PDC! We kicked things off with a fun Back-to-School Kid's Dance—a great way to ease into the season and reconnect with friends, old and new.

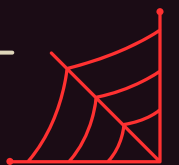
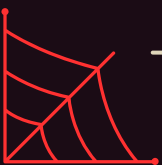
Classes launched smoothly with strong participation and plenty of eager, smiling dancers ready to hit the floor. It's been amazing to see the enthusiasm and dedication already shining through in the studio!

We also jumped right into our fundraising efforts.

A huge thank you to everyone who supported our BBQ fundraiser at Inside Story's Sidewalk Sale! Special thanks to Whynot's Firewood for generously donating all the BBQ food and drinks. Whether you helped or just stopped by to grab a bite—thank you for being part of it!

Our bottle drive was another big success! We appreciate everyone who donated, dropped off bags, helped collect, or lent their vehicles to the cause. The Beehive is still tallying up our final total, but early signs point to a strong start!

Thanks to our amazing PDC community for making the kickoff to the 2025–26 season such a great one!





OCTOBER FUN

SAVE THE DATES



**OCTOBER 25TH HALLOWE'EN STUDIO DANCE-
6-7:30PM @MELVERN COMMUNITY HALL**



**NOVEMBER 16TH CHRISTMAS CRAFT & AUCTION
9-4PM (TABLES AVAILABLE)@MELVERN
COMMUNITY HALL**



**DECEMBER 13TH 2PM CHRISTMAS DANCE RECITAL-
WEST KINGS HIGH SCHOOL**

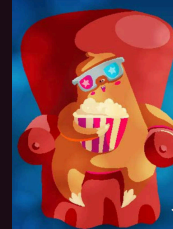
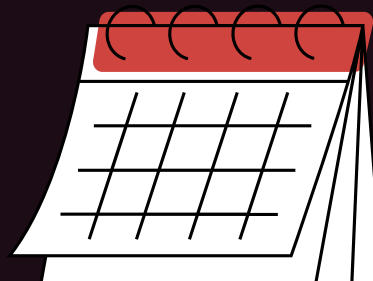
REMINDER

No Classes on the following dates:

- October 13, Thanksgiving
- October 31st, Halloween

•December 13th-January 4th, 2026, Holiday Break.
Students scheduled for class on Dec 13th will not have
class.

•Classes Resume January 5th, 2026.



**DFS
Fundraiser
coming
soon!**

STAY TUNED!

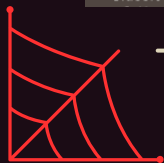
**KEEP YOUR EYES OPEN FOR
OUR DFS CATALOGUE
FUNDRAISER COMING SOON!**

Dilemma Fundraising Sales NOIR CONFETTI **DFS**

**DFS Fundraiser
coming soon!**



MITCHELL'S SOUP FUNDRAISER COMING SOON



PRECISION MERCH

We are so excited to be launching our new online store with Amy's Pro Branding. Once launched we will email the link and it will remain open until November 10th so items can arrive for Christmas!



COMING SOON

FROM THE DANCE DESK



PRECISION OFFERS BALLET EXAMS

The CDTA (Canadian Dance Teachers Association) exam program teaches dancer's discipline and instills strong technique. It also provides the dancer with the challenge to improve their flexibility and become a stronger, more confident dancer and individual. This will be achieved by the satisfaction of ongoing improvement and completing their exam credential levels.

The CDTA Exam program is a valuable part of any dancer's education and development and is for serious, committed dancers interested in furthering their dance education and potentially becoming dance instructors. Similar to swimming levels and piano exams, there are a total of 8 CDTA exam levels.

Junior Levels: Primary, Grade 1, Grade 2, and Grade 3 can be taken by students starting at age seven.

Senior Levels: Grade 4, Elementary, Intermediate, and Advanced must be taken in succession.

Exam prep is available in June for those interested in pursuing their level. Exams are hosted in early July.

BALLET & TECHNIQUE: THE SECRET BEHIND CONFIDENT, SUCCESSFUL DANCERS

When families sign up for competitive dance, it's easy to see choreography rehearsals as the heart of the experience. After all, that's where dancers learn "their" routines for stage. But behind every polished performance is something just as important — consistent ballet and technique training. Ballet builds the foundation for nearly every dance style. Strong posture, balance, turnout, and clean lines all come from the discipline of ballet. Technique classes help dancers master turns, jumps, extensions, and strength safely, so that choreography feels easier and more expressive. Without this base, even the most creative routine can be harder to perform — and harder on a dancer's body. Rehearsals teach what to dance. Ballet and technique classes teach how to dance well. They're where dancers refine control, artistry, and endurance — the very skills that make performances stand out on stage and feel rewarding to perform. When dancers consistently attend these classes, they grow faster, stay injury-free, and feel more confident in their choreography. Prioritizing ballet and technique is one of the best ways parents can support their dancer's development and love of the art form.

Walking in
groups in
search of
victims



MEET THE PRECISION INSTRUCTORS



► JADRA HANNAM-GAULTON

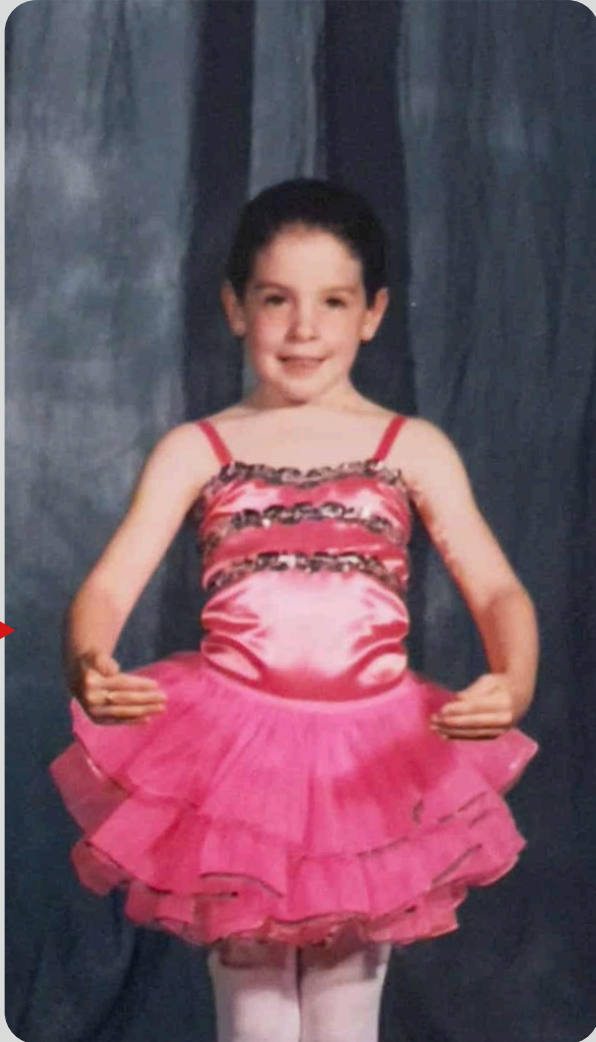
COMPETITIVE INSTRUCTOR & CHOREOGRAPHER

Jadra began her dance journey at Precision Dance Company at the age of four. She later continued her training at Dance Zone Performing Arts Center and TAO Dance Inc. to further develop her skills and pursue her dance career. Over the years, she has competed in numerous competitions, earning scholarships, overall awards, and the title of Senior Miss Candance for two consecutive years in 2018 and 2019. She has also trained in summer intensives in both Los Angeles and New York City. Dance has always played a major role in her life, and she feels incredibly grateful to now share that passion with the dancers at PDC. While her favourite styles have evolved over time, contemporary has consistently remained among her top choices. She loves the freedom of movement and emotional expression it allows. When it comes to choreography, jazz is her favourite style to create—she enjoys the energy, creativity, and collaborative spirit that comes with choreographing a fun and engaging piece for her dancers. Her teaching style emphasizes originality, movement quality, and technical growth. She encourages dancers to step outside their comfort zones and explore new styles and skills, all within a supportive and inclusive environment where dancers can feel confident and free to express themselves. Dance will always hold a special place in her heart, and she hopes to continue inspiring the next generation of dancers with the same passion that has fueled her own journey.





MEET THE PRECISION INSTRUCTORS



► JORDAN SANFORD

BALLET & COMPETITIVE CHOREOGRAPHER

As the story goes, Miss Jordan enrolled in her first dance class when she wouldn't stop twirling around the house and she hasn't stopped since! Although trained in multiple styles, she has always enjoyed sharing ballet the most with students of all ages. After high school, she completed a formal dance teacher training program and is now certified in multiple dance syllabi. By day, she works as a dedicated school teacher, and one evening a week, she shares her love of dance in the studio. She particularly enjoys preparing students for dance exams, guiding them through structured training that builds both skill and confidence. Outside the studio, she's her son's biggest fan as she loves attending all of his sporting events where she cheers from the stands. Recently, she's taken up tennis and softball, as she is always eager to stay active and try new things. Miss Jordan is committed to fostering a positive, encouraging environment where every dancer can grow and shine.





MEET THE PRECISION INSTRUCTORS



► SARA ADAMS
COMPETITIVE & ADULT REC

Sara is a warm and enthusiastic dance educator, expressive arts therapist, and lifelong advocate for the arts. She's been dancing for nearly 40 years and now teaches Team Spark (our energetic 5–6-year-olds) and the adult program (recreational & competitive), occasionally stepping in with older competitive dancers.



Sara has taught Dance 11 in Nova Scotia public schools, led professional development for teachers, helped shape programs like Dance for Health for older adults and people with Parkinson's, and served on the Board of Dance Nova Scotia for more than 10 years. Her classes are creative, empowering, and welcoming — inviting everyone to find joy, confidence, and connection through movement.





MEET THE PRECISION INSTRUCTORS



► KRISTEN WHEELER

ACRO & HIP HOP ASSISTANT

Kristen has been dancing for 14 years, with 9 of those years spent training and performing with PDC. Dance has always been a deep passion for her, and she is thrilled to be able to share that passion with her students.

Kristen's favourite style has always been jazz, though she also has a strong love for contemporary. Jazz, in particular, stands out to her for its energy, style, and personality. It allows for the expression of a wide range of emotions and attitudes — from excitement and joy to confidence and sass.

She takes great joy in watching her students grow throughout the dance year. Seeing students build confidence in their movements and experience the joy of mastering something they once thought impossible is incredibly rewarding. As a teacher, she strives to foster a supportive and inspiring environment where students feel safe to express themselves and take creative risks. For her, the most fulfilling part of teaching is watching students grow not just in skill, but in passion.



MEET THE PRECISION INSTRUCTORS



► KAYLEE DUNN

HIP HOP, INCLUSION, COMPETITIVE CHOREOGRAPHER

Kaylee Dunn has a lifelong connection to dance—a source of creativity, healing, and expression. She began her training at Precision Dance Company, where she spent her childhood immersed in movement, performance, and numerous workshops. She later trained at Tao Dance Inc. in Wolfville and the Canadian Contemporary Dance Theatre in Toronto, further deepening her love for contemporary dance and its emotional range. After graduating high school, Kaylee moved to British Columbia, where she taught at Walnut Grove School of Music and Dance and worked on private choreography projects. Now based in the valley, she works full-time in Dartmouth as a Program Manager and Supervisor at a mental health facility and is a proud mother of two lively, outgoing children. Dance has always been a therapeutic tool for Kaylee—something that helps her process, connect, and simply vibe. Her style is rooted in contemporary dance but shaped by personal emotion and intuition. She enjoys exploring dynamics, shifting from fluid to sharp movements, incorporating isolations, floor work, and always letting the music guide her feelings and deepen her story. Hip hop also holds a special place in her heart, especially since she has shared it with her oldest child, dancing together in their living room for years. Her choreography and teaching are inspired by her past experiences, future aspirations, and the meaningful connections she builds with others. She believes dance is a deeply personal art form. It's not about perfection, it's about honesty. It's about allowing your body to speak your truth in whatever way feels right for you. Kaylee's goal as a teacher is to help dancers grow—not just in skill, but in self-trust and confidence. She wishes to show her students that dance can be anything they need it to be. She believes everybody is unique, feelings are valid, and every movement deserves to be seen.



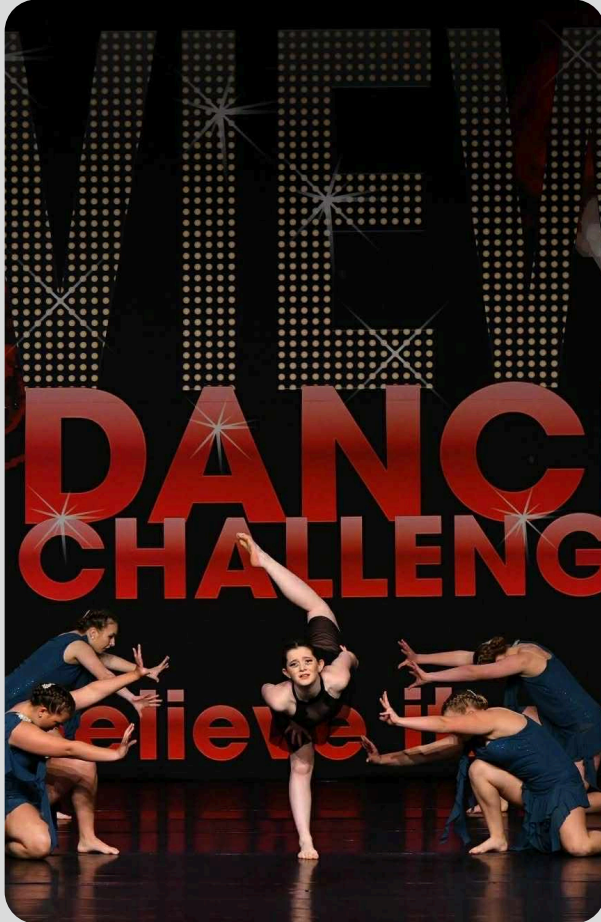
MEET THE PRECISION INSTRUCTORS



► ELIZABETH MCLAUGHLIN

ACRO 1, 2 & 3 INSTRUCTOR

Elizabeth has been dancing for 12 years—11 of those with Precision Dance. Although she has recently moved her training to another studio, she remains actively involved with teaching and participating in events at PDC. Elizabeth has enjoyed expanding her dance education through participating in CDTA exams, currently working on her Grade 5 level, and has recently begun Pointe. Additionally, she trains with an outside studio to take her Acrobatic Arts Examinations and recently passed Level 7. Beyond dance, she is involved in her school's Junior, Senior, and Jazz bands, playing the clarinet and bass clarinet. Elizabeth's favorite dance styles are Acro and Contemporary. She finds Acro to be incredibly fun and physically challenging, while Contemporary provides a wonderful outlet for self-expression through movement. Now in her fourth year of teaching with Precision, her primary focus is on Acro. She also truly enjoys working with dancers from the various themed dance camps. She loves watching dancers grow and learn, and values being part of their dancing journey. She hopes to share the knowledge she has gained in a positive way, helping dancers build confidence and enjoy a fun and rewarding dance experience.





MEET THE PRECISION INSTRUCTORS



► LEAH WYLDE

PREDANCE 1, 2 & JAZZ/LYRICAL

Leah has been dancing for 11 years and brings a strong passion for movement and creativity to the studio. Her favourite styles are jazz and contemporary, where she loves exploring musicality and expression. Alongside Miss Laurie, Leah creates a relaxed and supportive class environment where dancers of all levels can feel comfortable expressing themselves and growing in confidence.

Leah is inspired to teach because of her deep love for dance and her desire to help others discover that same passion. She believes in building a strong foundation by focusing on the basics and encouraging growth from the ground up.

We're so excited to have Leah sharing her energy and enthusiasm with our dancers this season!





MEET THE PRECISION INSTRUCTORS



► LAURIE COOK

PREDANCE 1, 2 & JAZZ/LYRICAL

Laurie Cook has been dancing for 13 years. She takes pride in her dancing and brings her love and knowledge of dance to the classes she teaches on Saturday mornings. She shows dancers different ways to express their abilities through movement and play. Laurie has been teaching dance with PDC for three years, as well as assisting in another competitive class. Her favorite part of teaching is watching the dancers grow and enjoy themselves. She loves seeing how excited they get each class to learn new techniques and showcase their skills each week. Laurie finds joy in knowing that someday they will have the confidence to try out for a competitive team.

She is in her final year of high school and plans to continue her education by enrolling in the Registered Nurse program at university.

Laurie is also active in school sports, playing lacrosse and softball, and serves as an international student ambassador. Her favourite dance styles are jazz and contemporary.